

NEW OPTIONS

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**THOUGHT FOR THE MONTH:** "If we really believe we can change things, we will. We know we can change things, because we have."  
This was taken from Laurie Shield's book "Displaced Homemakers: Organizing for a New Life"

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PS...

As the semester closes, I reflect on the 1992-93 New Options Program with satisfaction, pride, and resolutions to have an even better year for 1993-94. Congratulations to you, our participants. Without your enthusiasm, energy, and hope the program would be lifeless. And when I drive up on a spring morning, probably a little harried and a little late, to find several of the women gathered on the steps or around the table talking over classes, life problems, and joking, I am so glad we have New Options. We must continue.

In an end of semester interview with Esther, we shared some thoughts I would like to quote. "New Options gives us the chance not to simply wish but to do ! At first one may wonder, now what am I going to get out of this class? But now I know the college can't do without it. Friendships develop among the women because we understand each other without speaking. A bonding occurs. Learning is a life-long journey; we should be sharing it together." New Options, we noted, is intergenerational; sometimes older ones can help younger women with problems they have already come through. Some participants in the middle of adulthood have the chance to go back and take up what they wanted to do before circumstances and responsibilities prevented them. Esther noted, "Now I feel like 18 not 52!" Right on!

Have a restful break and a good summer. Keep in touch. I'll be in the office most weeks Tuesdays, Wednesdays, and Thursdays, 100;00- 2:00, or there abouts.

Fondly,

Paula Sue

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FROM THE PRESIDENT OF NEW OPTIONS DESK

On behalf of all our friends of New Options, it is a privilege to congratulate our co-editors: Louise Pruett and Jeannette Huglin, and the other contributors for donating their priceless time and effort in putting together our first newsletter, "Wings". It is a flying success!

The thought of a newsletter goes a long way back, a thought conceived in earlier groups and today, it is a reality. We are overjoyed to see the cocoon come to life, and develop into a "Butterfly" (New Options symbol). It has "WINGS".

It has truly been a fulfilling experience working with such a highly motivated group of women. Thank you for your continued support. Have a happy and safe summer.

Women  
In  
New Options  
Growing  
Stronger

Thanks,  
Jean Eppes



## CONGRATULATIONS!

To Kathy Neill who graduated from the ADN Program.

To Dena Belcher who attained her LPN.

To Lisa Hood who graduated from the Gerontology Program on the Fredd Campus.

We would also extend congratulations to several others who have distinguished themselves this semester:

Karen Hoffman for being named to Who's Who.

Bonnie King, who was also named to Who's Who.

Awards for Leadership Qualities were given to Mary Kay Boothe, Franzeen Detrick, Sadie Hendrix, Jeannette Huglin, and Louise Pruett.

The Outstanding New Options Participants who were honored at the Honors Ceremony were Hildred Johnson and Jean Eppes.

Hildred Johnson and Jean Eppes were also awarded the New Options Scholarships.

The Outstanding Psychology Student was Dena Belcher.

The Outstanding Wellness Student was Margaret Louise Pruett.

Again, we would like to congratulate all of these fine ladies and to wish them well in all they do.

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From time to time with permission of the participant we will publish parts of their letters or other material that expresses the true meaning of New Options. At this time, we will share with you an excerpt from a letter written to Dr. Hayes telling her how New Options has changed Sadie's life...

Dear Dr. Hayes,

I started New Options in October of 1992. I was about ready to give up. I had actually told my mom I would be on public aid the rest of my life. Or I would be working at a job I did not like just to make ends meet.

I learned about New Options from Mrs. Kathy Elliot at the J.O.B.S. program. When she told me about the program I just thought it would be a way to pass time and maybe get a little support from others with the same problems. I was wrong.

Through New Options I was able to go back to school. My self confidence is up to about 95% from 50%. I would never have thought about trying for a music scholarship, or any other scholarship. I know for a fact I never have went back to school. My children have seen a change in me. I give all the honor to God for His wonderful work in creating Dr. Paula Sue Hayes...

Love,  
Sadie Hendrix

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## LOOKING TO THE FUTURE

We are going to have informal sessions most likely on Tuesdays this summer at lunch time; so feel free to come and join us.

We will all meet again this fall for the first meeting of the Fall Semester on September 3, 1993, at 10:00. This meeting will welcome all the new participants. We will be looking for each and everyone of you to come and welcome these new members. See you there!



## THE ADULT STUDENT

At least once a day an adult thinking about returning to school enters my office for counseling. I can spot these students from a mile away. They can't seem to form their words very well, there is a slight shakiness to their voice, and they are covered in perspiration.

I'm sure all of the women of New Options remember the first day they summoned up the courage to walk into Shelton State and announce to the world "I want to begin college." Then the first thing we tell you is that you have to take a test. This moment is probably ingrained in the memory as a wedding or the birth of a child might be. It is one of the most difficult things for the returning student to accomplish. The fears of these students seem to revolve around two major issues. The idea that they might not "fit in" seems to be a real stumbling block. They all have this perception that every student in college is 18 and blonde. NOT! Dean Howington estimates that the average age at Shelton State is 27. We have a diverse population and I feel we learn from and are blessed by each and every one.

The fear that the adult student experience is that she will not be successful. This is, of course, the fear we all experience everyday in many aspects of our lives, including relationships, work, and family. Research conducted at the University of Alabama and published in the Alabama Association for Counseling and Development Journal indicates that the returning student does very well. "...adults in this sample maintained their capabilities to perform adequately in the college classroom, or at least were able to adapt and "brush up" on the needed strategies and skills necessary for competing in the academic arena." (Wilcoxon, Wilcoxon, Mickler) In fact, in the sample that was studied, adult women over the age of twenty-five, maintained a higher Quality Point Average than the other groups.

The women of New Options may find that their mentoring, friendship, nurturing, and support for the new women now entering the program, is more important and helpful than the counseling we may provide. Because you "have been there", you can help guide them, the new participants in New Options, through some of the unwritten rules of the game and let them know that they can be successful!

Diane Layton, Counselor

We would like to thank Ms. Layton for taking the time to share this article with us. Diane Layton is a supporter of our program and for this we are grateful.

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**HOORAY!!!** Finals are over! Forget the stress and hurried life, you have had for the last few weeks. Enjoy your time off between semesters. Go to the park, relax, enjoy being outside, and don't forget the sun screen. Take in a ball game or a movie. Do whatever you want. Relax. Sit back and watch the grass grow. Most of all look at what you have accomplished this semester. You did well! Have fun, stop, and smell the roses; summer will soon begin. Good luck!

Enjoy these movies while you are off. These are on video:

Wait for the Light

Defending Your Life

Shirley Valentine

Someone to Watch Over Me

Have a great summer,  
Fran



## SUMMARY OF THE MONTHLY MEETINGS

On April 23, we were treated to a special viewing of "A LEAGUE OF THEIR OWN". April 30, we were off to the library for an interesting tour; after which we headed to Dr. Hayes' house for Hildred's sixtieth birthday party. It was a lovely time of fellowship and everyone had a nice time. Jim Purcell came to our last meeting and took us down a road of our choice. It is always interesting when Mr. Purcell comes to visit. We would especially like to thank him for coming this time. We hope that his baby daughter is over her surgery and on the road to better health.

As this semester draws to a close, we can look back and see just how far we have come. I don't know about all of you but I feel as though I have begun to fulfill my dreams and aspirations. Hope to see all of you during the summer semester and definitely this fall. Have a safe and prosperous summer.

See ya,  
Louise

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## LETTERS TO OTHER EDITORS OF INTEREST TO US ALL

Copied from Ms. Volume III Number 5

The good news is, women's groups are alive and well and helping to foment a quiet revolution. The Maine Displaced Homemakers Program is part of a national network of women's groups that has grown over the past 14 years or more.

Together, these women, who range in age from late twenties to early sixties, who come from all economic strata, without high school educations or with college degrees, of all races, discover that the "personal is political" as they work to make sense out of their lives---the choices they made in the past, the choices they face for their future, and the choices that were not theirs to make at all.

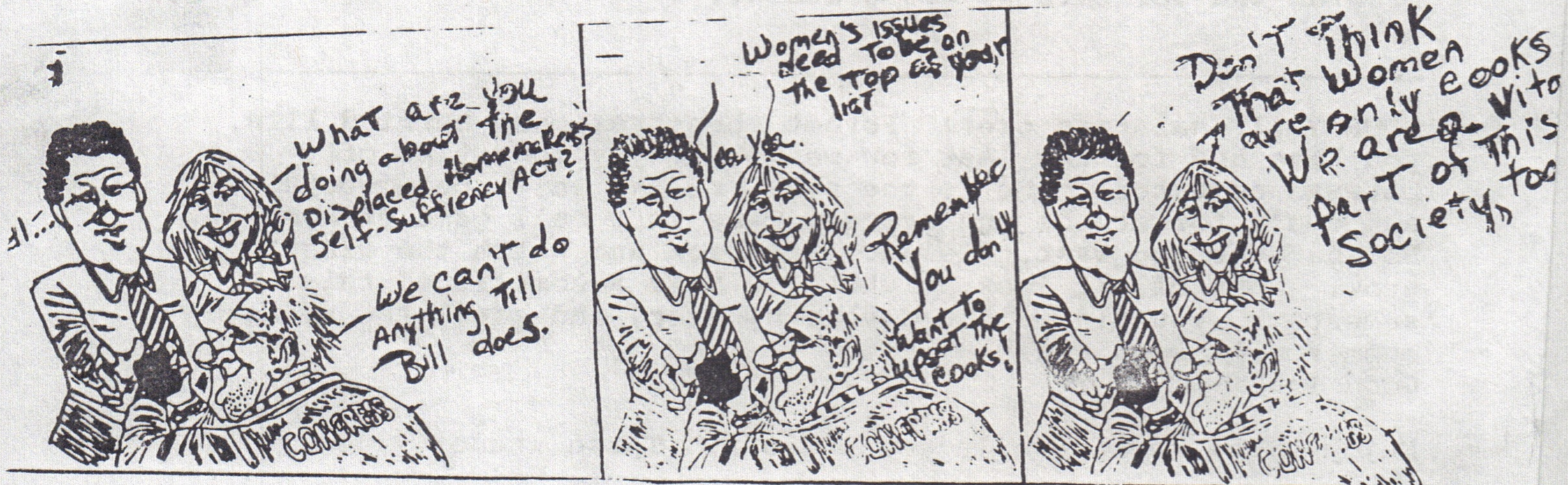
So, take heart and mind together. And add the National Displaced Homemakers Network, 1625 K Street, N.W., Suite 300, Washington, D.C. 20006, to your resource list.

Eloise Vitelli  
Augusta, Maine

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## "SPREAD THE WORD"

Art work by Joleen Mitchell  
Wording by Louise Pruett



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## WHERE ARE THEY NOW?

Kay Bostick, who is service coordinator for Tuscaloosa Early Intervention Council, has been named Alabama Disabled Professional of the Year by the Pilot Club International, Inc. Kay is a graduate of the University of Alabama with a master's degree in social work. She was a participant of New Options in the winter of 1986.

Lisa Phelps is a graduate college with a degree in directed studies in humanities. She participated in New Options in spring of '86.